

# Indoor Swimming Pool Timetable

Monday 26th May 2025 - Sunday 1st June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>08:00-09:00</b> Lane Swim Half Pool	<b>06:00-09:00</b> Lane Swim Full Pool	<b>06:00-09:00</b> Lane Swim Full Pool	<b>06:00-09:00</b> Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	<b>06:00-09:00</b> Lane Swim 06:00-07:15 Half Pool 07:15-09:00 Full Pool	<b>08:00-15:00</b> Lane Swim 08:00-09:00 Half Pool 09:00-11:00 2 lanes available 11:00-11:30 1 lane available 09:00-15:00 2 lanes available	<b>09:00-15:00</b> Lane Swim 09:00-09:30 2 lanes available 09:30-13:00 1 lane available 13:00-15:00 Half Pool
<b>09:00-11:30</b> General Swim Full Pool	<b>09:00-15:00</b> General Swim 09:00-12:00 Half Pool (1 lane for lane swim) 12:00-15:00 Full Pool	<b>09:00-18:00</b> General Swim 09:00-12:00 Half Pool (1 lane for lane swim) 12:00-18:00 Full Pool	<b>09:00-11:30</b> General Swim Full Pool	<b>09:00-11:30</b> General Swim Full Pool		
<b>11:30-12:30</b> Floats & Fun Full Pool						
<b>12:30-15:00</b> General Swim Full Pool	<b>15:00-16:00</b> Floats & Fun Full Pool		<b>11:30-12:30</b> Floats & Fun Full Pool	<b>11:30-12:30</b> Floats & Fun Full Pool	<b>15:00-17:00 *</b> General Swim Full Pool	<b>15:00-17:00 *</b> General Swim Full Pool
<b>15:00-16:00</b> Floats & Fun Full Pool	<b>16:00-18:00</b> General Swim Full Pool	<b>18:00-21:30</b> Lane Swim 18:00-19:00 2 lanes available 19:00-20:00 2 Lanes Available and 1 Lane Members Swim Fit 20:00-21:30 Full Pool	<b>12:30-15:00</b> General Swim Full Pool	<b>12:30-15:00</b> General Swim Full Pool		
<b>16:00-18:00</b> General Swim Full Pool	<b>18:00-21:30</b> Lane Swim 18:00-19:00 1 Lanes Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool		<b>15:00-16:00</b> Floats & Fun Full Pool	<b>15:00-16:00</b> Floats & Fun Full Pool		
<b>18:00-20:00</b> Lane Swim 2 Lanes Available			<b>16:00-18:00</b> General Swim Full Pool	<b>16:00-20:00</b> General Swim Full Pool		
			<b>18:00-21:30</b> Lane Swim 18:00-19:00 1 Lane Available 19:00-21:00 2 Lanes Available 21:00-21:30 Full Pool	<b>20:00-21:30</b> Lane Swim 20:00-21:30 Full Pool		

\*16:00-17:00 is a party slot, please check prior to your visit if the pool is open.

## Swimming Session Index

### Lane Swim

Lanes available for continuous swimming.

### General Swim

Open area for free style swimming  
(perfect for families) with lanes available  
for lane swim.

### Floats and Fun

4 lanes of floats and fun for everyone and  
2 single lanes for lane swim.



Chigwell  
SPORT & WELLNESS CENTRE